

[c1] 1.A virtual reality assembly comprising:
a display element projecting a virtual environment;
a plurality of way-point elements, each of said plurality of way-point elements
defined by a way-point position within said virtual environment;
wherein a user can automatically move to one of said way-point positions by
selecting a corresponding one of said plurality of way-point elements.

[c2] 2.A virtual reality assembly as described in claim 1, wherein each of said
plurality of way-point elements is defined by a way-point orientation; and
wherein said user automatically moves to one of said way-point orientations by
selecting a corresponding one of said way-point elements.

[c3] 3.A virtual reality assembly as described in claim 1 wherein said plurality of
way-point elements comprise way-point icons projected within said virtual
environment.

[c4] 4.A virtual reality assembly as described in claim 1, wherein one of said plurality
of way-point elements is selected utilizing a cursor.

[c5] 5.A virtual reality assembly as described in claim 1, wherein one of said plurality
of way-point elements is selected by automatically identifying the closest of
said plurality of way-point elements to a cursor.

[c6] 6.A virtual reality assembly as described in claim 1, wherein said plurality of
way-point elements are sequenced such that said user moves through each of
said plurality of way-point elements in a predetermined sequence.

[c7] 7.A virtual reality assembly as described in claim 1, wherein said display
element further comprises a navigation band including navigational controls.

[c8] 8.A virtual reality assembly as described in claim 7, wherein said navigational
controls comprise orientational controls and directional controls.

[c9] 9.A virtual reality assembly as described in claim 1, wherein said virtual
environment comprises an industrial training environment.

[c10] 10. A virtual reality assembly comprising:
a display element projecting a virtual environment;
a plurality of way-point elements, each of said plurality of way-point elements
defined by a way-point position within said virtual environment;
wherein a user navigates through said virtual environment through travel
between said plurality of way-point elements, said user automatically moving to
one of said way-point positions by selecting a corresponding one of said
plurality of way-point elements.

[c11] 11. A virtual reality assembly as described in claim 10, wherein each of said
plurality of way-point elements is defined by a way-point orientation;
and wherein said user automatically moves to one of said way-point
orientations by selecting a corresponding one of said way-point elements.

[c12] 12. A virtual reality assembly as described in claim 10, wherein said plurality of
way-point elements comprise way-point icons projected within said virtual
environment.

[c13] 13. A virtual reality assembly as described in claim 10, wherein one of said
plurality of way-point elements is selected utilizing a cursor.

[c14] 14. A virtual reality assembly as described in claim 10, wherein one of said
plurality of way-point elements is selected by automatically identifying the
closest of said plurality of way-point elements to a cursor.

[c15] 15. A virtual reality assembly as described in claim 10, wherein said plurality of
way-point elements are sequenced such that said user moves through each of
said plurality of way-point elements in a predetermined sequence.

[c16] 16. A virtual reality assembly as described in claim 10, wherein said virtual
environment comprises an industrial training environment.

[c17] 17. A method of navigation through a virtual environment comprising:
selecting one of a plurality of way-point elements each defined by a way-point
position within the virtual environment; and
transporting a user automatically to said way-point position.

[c18] 18.A method of navigation through a virtual environment as described in claim 17 further comprising:
transporting said user automatically to a way-point orientation, said way-point element further defined by said way-point orientation.

[c19] 19.A method of navigation through a virtual environment as described in claim 17 wherein said selecting one of a plurality of way-point elements comprises:
selecting one of a plurality of way-point elements utilizing a cursor.

[c20] 20.A method of navigation through a virtual environment as described in claim 17 further comprising:
moving said user through each of said plurality of way-point elements in a predetermined sequence.